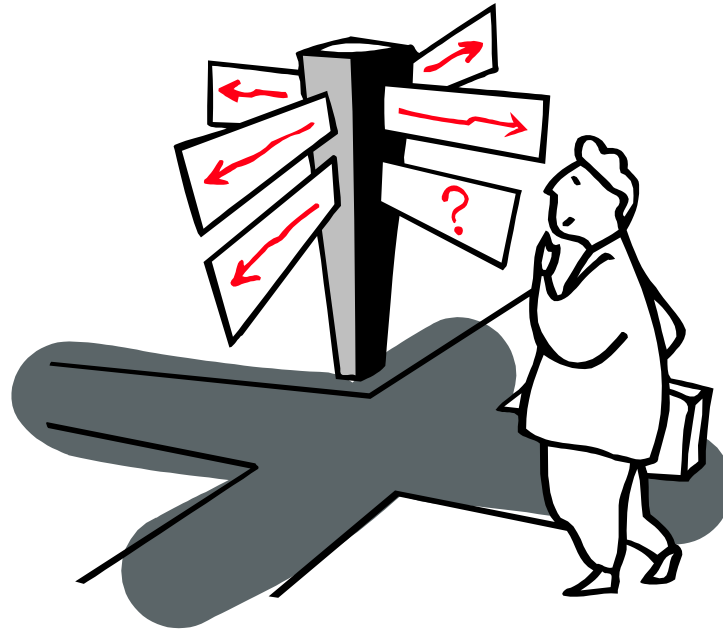
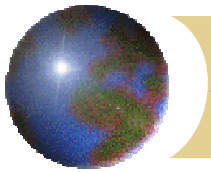


Family Pre-Deployment Training

"BRONCOS"



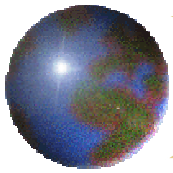
Chaplain Schaefer



Pre-Deployment: Prepare Wisely

Session Goals:

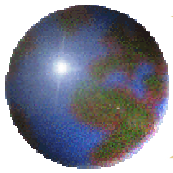
- Identify important personal and family documents
- Use a family pre-deployment checklist
- Understand Family Care Plans
- Prepare family finances for deployment
- How to prepare emotionally for deployment
- How to help kids prepare for deployment separation



Phases of Deployment

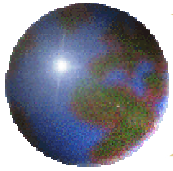
1. Pre-deployment activities (get ready)
2. Movement to ports of embarkation (get on the plane)
3. Strategic lift (fly away)
4. Reception at ports of debarkation (get off the plane)
5. Onward movement



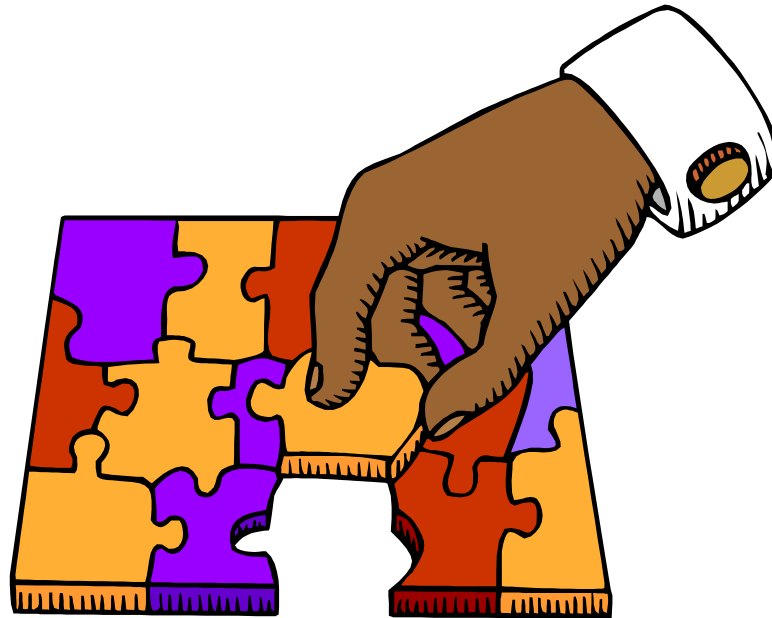


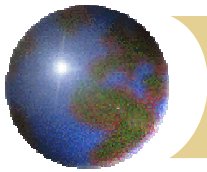
Key Factors in Preparing for Deployment

1. Are your personal affairs in order?
2. Are your family affairs in order?
3. Are you financially prepared for the deployment?
4. Previous experience with handling separations
5. What resources do you have to help you?



Readiness Inventory #1





Key Documents for Deployment

Birth certificates

Shot records

Car insurance

Termite protection papers

Powers of Attorney

House or renter's insurance

TRICARE & dental cards

Marriage certificates

Car registration

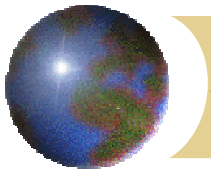
Mortgage papers

Wills

Life insurance

ID cards

Pet papers and shots

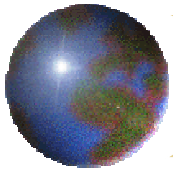


Family Care Plan

The FCP assures detailed planning for:

- Child care and guardianship
- Financial matters
- Medical and Dental care
- Emergency Care



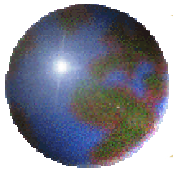


Family Care Plan

The FCP consists of the following:

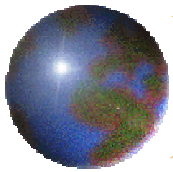


- FCP Counseling checklist
- Required forms and legal authorizations
- Names, addresses, and phone numbers of key people
- Certificate of Acceptance as legal guardian
- Special Power of Attorney for guardianship



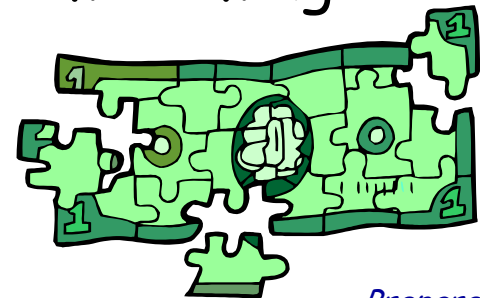
Readiness Inventory #2

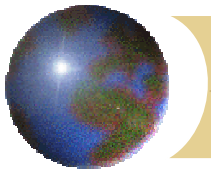




Practical Financial Concerns

1. Estimate changes in expenses during the deployment
2. Estimate changes in income during the deployment
3. Set realistic budget and savings goals
4. Set up allotments and automatic withdrawals
5. Establish a money access plan for both spouses
6. Plan for the added expenses of homecoming
7. Expect the unexpected!

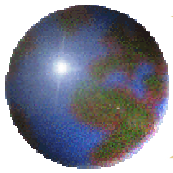




Deployment: Coping With Separation Stress

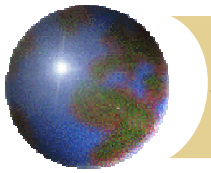
Session Goals:

- Recognize the signs of stress
- Identify unhelpful but common ways to deal with stress
- Identify helpful ways to deal with stress
- How to help kids deal with deployment separation



Maintain Yourself

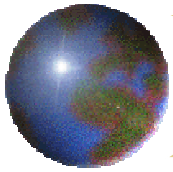
- Stay healthy and in good physical condition
- Eat balanced meals
- Get plenty of sleep (you'll may need more than usual)
- Keep in touch with positive people
- Avoid people, places, and activities that make you feel worse



Manage Your Schedule

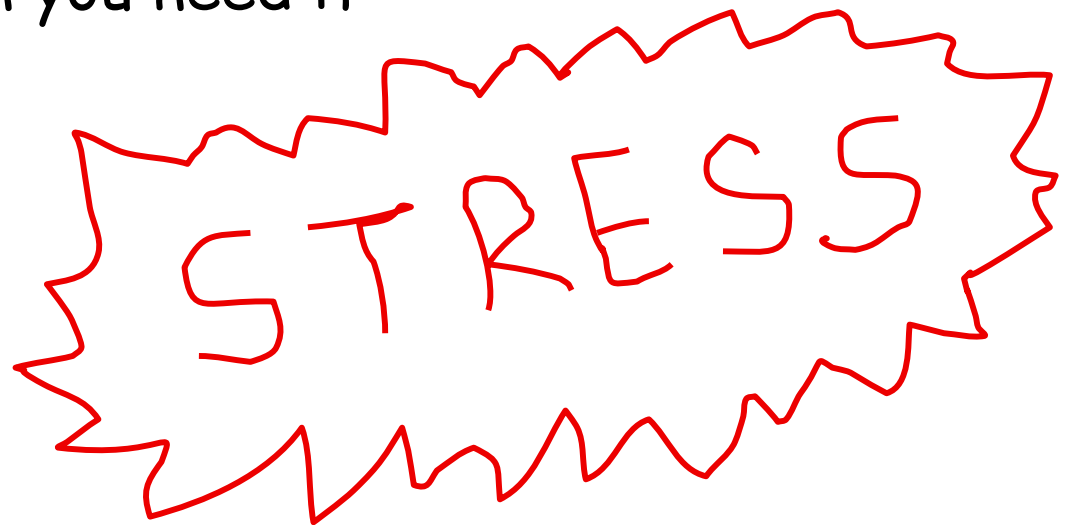
- Set daily goals and make lists to stay focused
- Become a volunteer
- Organize a support group, or host a FRG social
- Know your limits; say no if necessary
- Avoid spending sprees

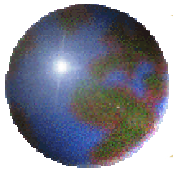




Monitor Your Stress

- Recognize the signs of stress in yourself
- Review the negative and positive ways of dealing with stress
- Ask for help when you need it

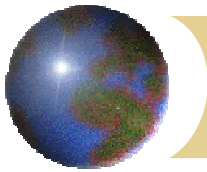




Maneuver: Take Action!

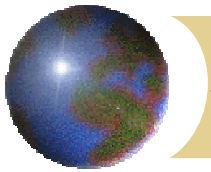
- Take positive steps to relieve stress
- Do a little daydreaming
- Stop and smell the roses





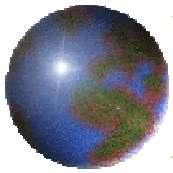
What are some Signs of Stress?

- change in eating habits or significant weight gain/loss
- change in sleep habits, either excessive sleep or inability to sleep
- loss of energy, fatigue
- complaints of memory loss, inability to concentrate
- irritability
- withdrawal from family or friends
- drastic mood swings



Tips for Handling Stress in Children

1. Be consistent with your discipline
2. Help children write letters to the deployed parent
3. Spend social time with the children
4. Make sure the children get plenty of rest, exercise, and good food
5. Encourage them to visit their friends



Tips for Handling Stress in Children

6. Encourage them to discuss their feelings with you
7. Praise your children sincerely and often
8. Comfort and hug them often
9. If you can't adjust within 1-2 months, seek some help



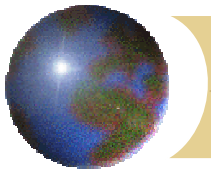
Family Pre-deployment Training



18



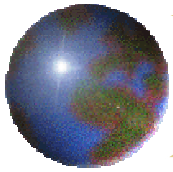
Coping with Separation Stress



Post-Deployment: Planning for a Successful Reunion

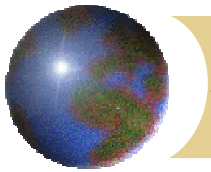
Session Goals:

- How to plan and prepare for a successful reunion
- Helping children deal with reunion adjustments
- Ideas for family celebrations
- Identify the two most common areas of conflict after reunion

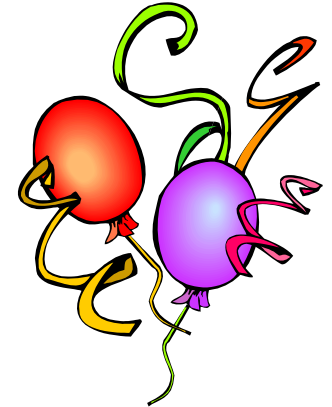


Communicate Expectations !!!

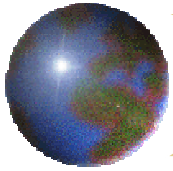




Celebration Planning

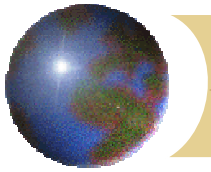


1. Celebrate your survival as a family
2. Re-play important holidays and birthdays
3. Watch videos of important events together (baseball games, plays, graduation, piano recital)
4. Involve the whole family in planning and doing it
5. See chart on Children's Reactions to Reunion
6. Finally, go slow on intimacy...



Questions?





Conclusion

With wise, intentional preparation, a caring attitude, and some good old-fashioned determination, you can make it through this deployment separation!

